

Northfield Senior Newsletter



Sponsored by the Northfield Council on Aging and EOE

October 2016

Mission Statement: The Northfield Council on Aging provides services to promote health aging of Northfield's citizens age 60 and older.

This is Your Town:



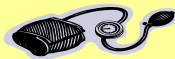
Join us October 23rd at 9am to learn about the origins of East Northfield. How was it created, who inhabited it and how does it maintain its identity today. Sue Ross will share this fascinating section of town. Breakfast begins at 9am. Please call to reserve your spot!

Iceland



Come hear Lorrie Byrom share her amazing trip to Ice Land on Oct. 20 at 11am. Sign up for lunch and enjoy extended conversation! Call 498-2186 to reserve your spot for this presentation.

Foot Clinic



As Patter has had her surgery, she will not be able to do the foot clinic this month. We will reschedule everyone in November. **Ruth Gallagher** will be here on the 4th and the 18th to take your **Blood Pressure**. Just walk on in!

Music in October

Betsy Llewelyn: Oct 6th to entertain us.

Shirley Thompson: Oct. 13, 17th and 26th for Pot Luck.

Chris Worth: Oct. 31st at 11:30 to regale us with his witty remarks and great guitar playing.

Call 498-2186 for lunch reservations.



Van Service



Our wonderful drivers, Betty and Rudi, make it possible for so many folks to be independent. They can take you to do errands, grocery shop, see your doctor or dentist and take you on the many trips put together every month.

Shopping trips occur on Tues and Thurs each week to Stop & Shop in Greenfield. Doctor appointments must be scheduled to gin by 10:00 am and completed by 2pm. Trips to the Senior Center for lunch are available Mon, Tues and Thurs, and will take priority. In order for your needs to be met, you must call 834-4084 24 hours in advance. Fees are nominal; no more than \$4 round trip.

If you need to go out of the contiguous towns, FRTA has a program to get you there. For this, call 774-2262 48 hours in advance. There is a small fee of \$.25 per mile plus any parking fees or tolls.

FLU VACINES:



Jennifer from Walgreens will be here on Oct. 6 from 9-11 to administer flu vaccines. Please bring your insurance cards. Call us to let us know you're coming so we are sure to have enough vaccines. Walk-ins welcome.

1st Tuesday movie (FTM)



Join the lively discussion for "**If**", Lindsay Anderson's daring look at British Society. This is set in the 1960's in a British boarding school where Mick Travis, along with his school chums, bucks authority until the one-up-man-ship of students and teachers erupts viciously. This is the first in our series of looking at disenfranchised youth. October 4 beginning at 6:30pm at the Library

UMass Hockey



Head Coach, Greg Carvel will be here **Oct. 13 at 10 am** to talk about the great team this year. We are planning a trip to a game this season so here's your chance to learn about the team and get ready to enjoy some great hockey just down the road! Coach Carvel will be highlighting players, those returning and new members as well as why this will be an outstanding season. Please call 498-2186 to sign up.

Generations of Fun



We have a great year planned! Come join the fun the **3rd Wednesday** of each month. Our first meeting will be October 19th from 1:30-2:30. Call to let us know you're coming: 498-2186!

Fall Foliage Tour



Lunch Bunch will be traveling to Pine Hill and Apex Store for an 11:30 lunch on Friday Oct. 14. Enjoy the autumn colors as you travel to lunch. Please make your reservations (498-2186).

SHINE



Dennis, our SHINE rep will be here Oct. 20 & 27 this month, by appt., to help you with your Medicare and medication plans. Please call 498-2186 for appt.

News, More Programs & Resources

Fuel Assistance



If you were on the program last year you will receive your re-certification paperwork in the mail. First time applicants must schedule an intake appt. with Jeanette any time after Oct 1. Benefit period runs from Nov. 1st through April 30. You can prepay and still qualify for the program. Remember that these funds are limited and it is first-come, first-served. We will begin appts. October 1st. Call to schedule an intake for new applications. 498-2186

Supplemental Nutrition Assistance Program (SNAP)

Stretching our dollars is something we Yankees know how to do. Yet, sometimes we need a little help. Let us help you find out if you are eligible. There are many considerations that are included in the bottom line, so while you may not think you would qualify, you just might. Even if you think you won't qualify for much, every little bit helps. Call us!



FOOD PANTRY hours at the library are 2nd and 4th Sat. 11:30am-2:30 pm. While there are income guidelines in order to take full advantage of this, there is food for all who need a boost for the month. Come see what they can do for you, and maybe even help out!

Book Corner at the center is a great place to pick up a good book, and enjoy a cup of coffee as you read on our comfortable couch. Chat with a friend about your latest good read!



Join our Card Players

We have Bridge on Mon, Wed mornings, with our resident instructor. On Mon afternoons, we have Hand and Foot, an easy and easily expandable fun game. On the 1st Friday of the month, come enjoy a lively game of Pitch



Puzzles

There's always one in process that needs lots of hands to complete. Grab a cup of coffee and a treat and enjoy the challenge!



Contacting Center Staff & Services

Heather Tower, Director 498-2901 x114
Meal site mngr. Amy Hall 498-2186
Jeanette Tessier, Outreach, 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555
Transportation- Betty Stafursky, 413-834-4084

HEALTH and SAFETY PROGRAMS



Walking Program meets Mon, Tues and Thurs. at 9am behind the town hall, through October. Walks are as short or long as you like, with ample opportunities to peel off when you're ready. Randy Foster leads on Mon, and Ruth Johnson on Tues and Thurs.



Yoga with Libby Volkening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga including a time for guided relaxing. All levels are welcome.

Healthy Bones and Balance Class:

with Mary Lyle: Wed.'s at 11-11:45. Hand weights, stretching and more: A program from RSVP.



PVRS Weight Room: Abby Churchill, the trainer at PVRS. She is there every Mon, Wed and Fri nights from 6:30-7:30 to help you get the most out of the equipment: free weights, nautilus machines, rowing machines and 2 elliptical machines. A fun time is had by all!



Blood Pressure & Foot Clinic: Clinics are on two Tuesdays a month from 9-11:30am. Foot Clinic by Appointment; please bring a towel. Blood Pressure is done on a Walk-in basis. This month we have cancelled the foot clinic due to Patter's surgery. All will be rescheduled for next month. **Ruth Gallagher will be here for the Blood Pressure Clinic on the 4th and the 18th.** Call to schedule your appointment. 498-2186.



Caregivers Support Group

Every 2nd Friday of the month from 10-11am, we meet to offer mutual support, share experiences and sometimes have a pertinent speaker. We honor confidentiality as we want this to remain a safe place to share. Come share the ups and downs, the strategies that help and the daily moments; Facilitated by Heather



Council on Aging Board

Gwen Trelle-Chair; Genevieve Clark-Vice Chair;
Linda Hescoc-Secretary; Suzanne McGowan-Treasurer, Randy Foster, Lloyd Parrill, Carol Pike, Bill McGee, Ted Thornton, Gail Bedard and Rhoda Yucavich





October Menu



MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3	mg Sodium		4	mg Sodium		5	mg Sodium		6	High Sodium Meal		7	mg Sodium	
Rainbow Trout 35			Grilled Ckn Breast 320			Chicken & White			*Ham & Cheese Bake 996			Minestrone Soup 152		
Lemon Vinaigrette 10			Honey Mustard Sauce 142			Bean Chili 314			Tater Tots 29			Breaded Pollock Filet 155		
Au Gratin Potatoes 132			Orzo Pilaf w/ Spinach 49			White Rice 4			Tossed Salad 5			Tartar Sauce 261		
Calif Veg Blend 22			Broccoli 26			Italian Blend Veg 41			Multigrain Bread 164			Cous Cous 45		
Wheat Bread 160			Wheat Dinner Roll 105			Whole Wheat Bread 160			Applesauce 15			Rye Bread 150		
Fresh Apple 1			Mixed Fruit 10			Spice Cake 245						Fresh Fruit 1		
						Diet: Lorna Doons 100								
Total Sodium (mg): 485			Total Sodium (mg): 761			Total Sodium (mg): 789			*Total Sodium (mg): 1333			Total Sodium (mg): 868		
Calories: 772			Calories: 676			Calories: 663			Calories: 785			Calories: 630		
10			11	mg Sodium		12	mg Sodium		13	mg Sodium		14	mg Sodium	
			Roast Pork 70			Salisbury Steak 201			Cheesy Cauliflower			Chicken Meatballs 190		
COLUMBUS DAY			Rosemary Gravy 83			Jardinere Gravy 64			Soup 319			Marinara Sauce 94		
			Sweet Potato 35			Sour Cream & Chive			Alaskan Salmon Boa 210			Cavatappi Pasta 1		
NO MEALS			California Veg 27			Mashed Potatoes 94			Dill Sauce 44			Tossed Salad 5		
			Whole Wheat Bread 160			Broccoli Au Gratin 158			Rice Pilaf 59			Twisted Breadstick 230		
			Fruit Loaf 160			Rye Bread 150			Multigrain Bread 164			Escalloped Apples 39		
			Diet: Gingerboy 60			Butterscotch Pudding 174			Tropical Fruit 10			Diet: Sliced Apples 4		
						Diet: Straw Grahams 95								
			Total Sodium (mg): 655			Total Sodium (mg): 887			Total Sodium (mg): 930			Total Sodium (mg): 765		
			Calories: 720			Calories: 998			Calories: 777			Calories: 684		
17	mg Sodium		18	mg Sodium		19	mg Sodium		20	mg Sodium		21	mg Sodium	
Grilled Ckn Breast 320			Beef Stew 200			Chicken Drumstuck 287			Turkey a la King 178			Butternut Bisque 149		
Herb Sauce 26			Green Beans 3			Hawaiian Sauce 37			Penne Pasta 1			Roast Pork 70		
Yams 31			Whole Wheat Bread 160			Brown Rice 0			Tossed Salad 5			Cran Orange Sauce 106		
Italian Blend Veg 41			Pineapple Chunks 1			Cauliflower 14			Wheat Dinner Roll 132			Whipped Potatoes 66		
Whole Wheat Bread 160						Multigrain Bread 164			Applesauce 15			Italian Bread 230		
Strawberry Yogurt 75						Almond Cookie 181						Lemon Pudding 200		
						Diet: Gingerboy 60						Diet: SF Pudding 173		
Total Sodium (mg): 778			Total Sodium (mg): 489			Total Sodium (mg): 799			Total Sodium (mg): 429			Total Sodium (mg): 910		
Calories: 586			Calories: 698			Calories: 748			Calories: 511			Calories: 805		
24	mg Sodium		25	mg Sodium		26	mg Sodium		27	mg Sodium		28	mg Sodium	
Broccoli Bake 482			Corn Chowder 172			*White Vegetable			Autumn Harvest Soup 275			Roast Beef Au Jus 38		
Home Fries 5			Grilled Ckn Breast 320			Lasagna 544*			Diced Chicken 499			Sour Cream & Chive		
Stewed Tomatoes 150			BBQ Sauce 82			Carrots 41			Lemon Picatta Sauce 81			Mashed Potatoes 94		
Whole Wheat Bread 160			Yams 31			Italian Bread 230			Cavatappi Pasta 1			Tossed Salad 5		
Fresh Apple 2			Rye Bread 150			Mandarin Oranges 7			HDM: Broccoli 9			Dinner Roll 132		
			Fruited Jello 10						Wheat Bread 160			Chocolate Brownie 165		
			Diet: SF Jello 45						Vanilla Yogurt 50			Diet: Choc Grahams 95		
Total Sodium (mg): 923			Total Sodium (mg): 890			Total Sodium (mg): 969			Total Sodium (mg): 1078			Total Sodium (mg): 559		
Calories: 718			Calories: 651			Calories: 559			Calories: 585			Calories: 743		
31	mg Sodium					ALTERNATIVE MENUS: OCT 6 - Chicken Breast w/Red Pepper Pesto, Mac Salad, 3 Bean Salad. OCT 13 - Roast Beef, Potato Salad, Chick Pea Cilantro Salad.			ALTERNATIVE MENUS Continued: OCT 20 - Chicken w/Peach Salsa, Beet Salad, Rice & Black Bean Salad. OCT 27 - Sliced Turkey, Italian Pasta Salad, Mixed Fruit.			ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium		
Chicken Kielbasa 400														
Spanish Rice 111														
Peppers and Onions 27														
Hot Dog Bun 270														
Fresh Fruit 1														
Total Sodium (mg): 934														
Calories: 674														

Congregate Meals are served Monday, Tuesday and Thursday at 11:30am.

Please call 498-2186 to sign up for, or cancel, a congregat meal by 11am, at least one day in advance. A suggested donation of \$2.50 a meal is appreciated. For those under 60, the cost is \$3.00
Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702



October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am Walking  9:00 Bridge  9:30 Orange Walmart/ Herrick's 11:30 Lunch  12:30 Hand & Foot 	4 9am Walking   11am ROMEOS 11:30 Lunch  6:30pm FTM "If" Dickinson Library	5 9am Bridge  11:00 Healthy Bones and Body 	6 9am Walking  9-11 Flu Vaccines  9:30 Yoga  Brown Bag 10:30 unload, 11:00 Betsy Llewelyn  11:30 Lunch 12:15 Bagging,  12:30pm pickup	7 9:30 Rockingham Country Store/Lunch at 99  10:00 Pitch 
10 Columbus Day Senior Center Closed  9:30 Springfield Kohl's/Lunch at Olive Garden 	11 9am Walking   11am ROMEOS 11:30 Lunch 	12 9am Bridge  11:00 Healthy Bones and Body 	13 9am Walking  9:30 Yoga  10:00 UMass Hockey Season Preview  11:00 Shirley Thompson  11:30 Lunch	14 10-11:00am Caregivers Support Group 11:30 Foliage Tour, Lunch: Pine Hill with stop at Apex Store 
17 9am Walking  9:00 Bridge  9:30 Hinsdale Walmart's/ The Marina 11:30 Shirley Thompson  11:30 Lunch 12:30 Hand & Foot 	18 9am Walking   11am ROMEOS 11:30 Lunch 	19 9am Bridge  11:00 Healthy Bones and Body  1:30 Generations of Fun 	20 9am Walking  9:30 Yoga  11:00 Iceland with Lorrie Byrom  11:30 Lunch  12:30 SHINE by appt. 	21 9:00 COA meeting  12:30 Keene Market Basket 
24 9am Walking  9:00 Bridge  9:30 Keene Walmart's/Longhorn Steakhouse  11:30 Lunch 12:30 Hand & Foot 	25 9am Walking   11am ROMEOS 11:30 Lunch 	26 9am Bridge  11:00 Healthy Bones and Body  Noon Potluck- best meal of the month! 12 Shirley Thompson 	27 9am Walking  9:30 Yoga  11:30 Lunch  12:30 SHINE by appt. 	28 12:00 Lunch Bunch at Terrazza Restaurant. You must get there yourself so ride sharing is an option.
31 9am Walking  9:00 Bridge  11:30 Chris Worth  11:30 Lunch  12:30 Hand & Foot 		 More SHINE appts will be available next month.	Remember!! your flu vaccine on Oct. 6 9am-11am! 	FTM: Nov. 1  "The Loneliness of the Long Distance Runner" 6:30 at the Library with David Rowland 

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3	4	5	6 9am Walking  9:30 Yoga  Brown Bag program 10:30 unload, 11:00 Betsey Llewelyn 11:30 Lunch  12:15 Bagging,  12:30pm pickup	7
10 9am Walking  9:00 Bridge  9:30 Orange Walmart/Lunch at Herrick's  11:30 Lunch 12:30 Hand & Foot	11 9am Walking 11am ROMEOs 11:30 Lunch  12:30 Bingo	12 9am Walking  9am Bridge Lessons  11:00 Osteo exercise class 	13 9am Walking 9:30 Yoga  11:00 Betsey Llewelyn on piano 11:30 Lunch 	14 9:30 Foliage Tour, Lunch: Pine Hill 10-11:00am Caregivers  Support Group
17 Columbus Day Senior Center Closed  9:30 Hinsdale  Walmart/ Marina	18 9am Walking  11am ROMEOs 11:30 Lunch  12:30 Bingo	19 9am Walking  9am Bridge Lessons  11:00 Osteo exercise class. 	20 9am Walking  9:30 Yoga  10:30 Spa Day 11:30 Lunch  1:30pm Generations of Fun! 7pm TTM: "Moonrise Kingdom"	21 9:00 COA meeting  12:30 Keene  Market Basket
19 9am Walking  9:00 Bridge  9:30 Brattleboro Outlets: Chelsea Diner  11:30 Lunch 12:30 Hand & Foot	20 9am Walking 11am ROMEO  11:30am Lunch 12:30 Bingo	21 9am Walking  9am Bridge  11:00 Osteo exercise class. 	22 9am Walking  9:30 Yoga  11:00 Music with Chris Worth-guitar  11:30 Lunch 	23 12:00 Lunch Bunch: Johnson's Farm  
24 9am Walking  9:00 Bridge  9:30 Keene Walmart, Lunch Longhorn Steakhouse  11:30 Lunch 12:30 Hand & Foot	25 9am Walking  9-11 Vet Agent  11am ROMEOs 11:30 Lunch  11:30 Medicare Fraud 12:30 Bingo	26 9am Walking  9am Bridge 11:00 Osteo Exercise Class  Noon Potluck- best meal of the month! 12 Shirley Thompson 	27 9am Walking  9:30 Yoga  11:30 Lunch 	28 9am Walking 

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